

# **CDC Vital Signs**

## **Alcohol Screening and Counseling**

*This program is presented by the Centers for Disease Control and Prevention.*

At least 38 million U.S. adults drink too much; most are *not* alcoholics. Drinking too much is a dangerous behavior that causes about 88,000 deaths each year. It can also lead to health problems, such as heart disease, breast cancer, sexually transmitted diseases, car crashes, violence, and fetal alcohol spectrum disorders.

Health professionals can help. Alcohol screening and counseling can reduce how much a person drinks on an occasion by 25 percent. Unfortunately, only one in six adults has talked with a health professional about how much and how often they drink.

Health professionals—screen all adult patients for alcohol use, and advise those who drink too much to drink less. Adults—drink only in moderation—no more than one drink a day for women or two for men. If you're underage or pregnant, choose not to drink at all.

Talk with a health professional about your drinking and how it may impact your health.

*For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*